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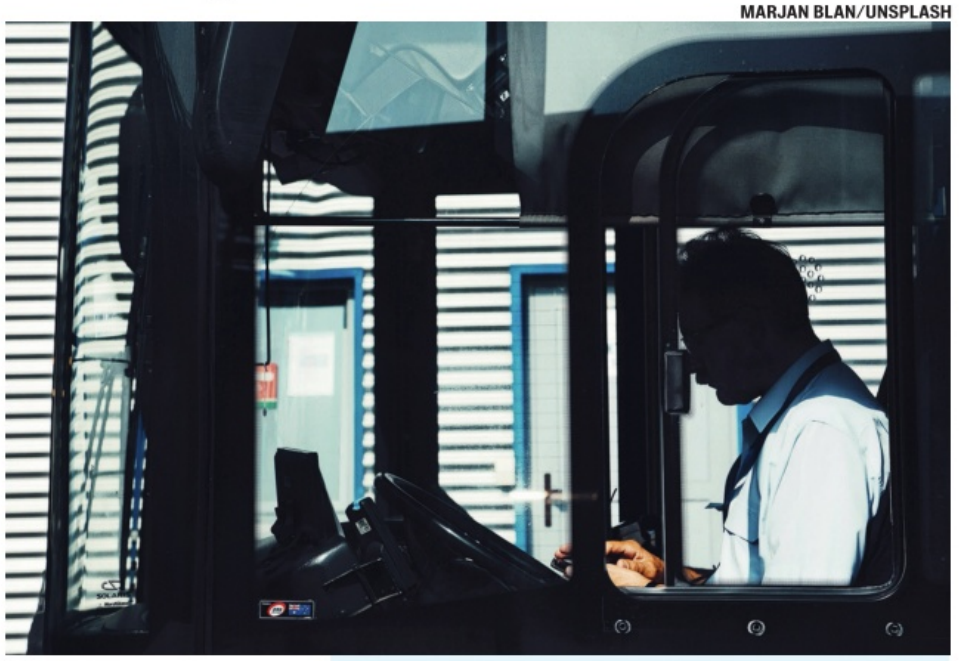
AI-enabled cameras onboard long-distance KSRTC buses to detect driver drowsiness, prevent collisions, road mishaps

AI WON'T SLEEP AT THE WHEEL

AI will capture emotions, reactions, facial expressions of driver in real-time

MARJAN BLAN/UNSPLASH



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TWEETS @BangaloreMIRROR

> **"Every time, a driver makes a violation, the system takes pictures and uploads it on the server**
> — KSRTC official

The public transport buses of the Karnataka State Road Transport Corporation (KSRTC), especially the ones operating during night time, will leverage AI- enabled cameras to detect driver drowsiness to prevent chances of collision with other vehicles on the road.

The transport department has floated a tender for 300 units of the Driver Drowsiness & Collision Warning System.

Based on the success of the pilot conducted in the 2018-2019 period onboard KSRTC buses, the transport department floated the tender for 300 units.

The AI-based Driver Behaviour Analytics Systems to be set up onboard KSRTC long-distance buses enable a wide variety of features for improved road safety — the AI will capture emotions, reactions, and facial expressions of the driver in real-time.

CONTINUED ON PAGE 12 »

Students' eye health concerns amid exam preparations

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As high school students gear up for exams, ophthalmologists highlighted the often-overlooked impact of prolonged study hours and increased digital screen time on children's eye health. According to health professionals from Narayana Nethralaya, over 50 per cent of students in the 10th grade or preparing for competitive exams experience various eye issues, affecting their exam performance.

A child in high school, on average, spends 10-14 hours reading or writing, which may increase to up to 16 hours during board exams. While perfect vision is essential for academic success, it is not the sole factor. Many factors in the eye can affect visual attention, concentration, and focus beyond refractive errors. Common issues such as accommodative spasms, accommodative infacility, convergence insufficiency, pseudo myopia, and an increase in myopia can significantly impact a child's exam performance.

Over 50 per cent of patients with these eye issues are in the 10th grade/PUC or are preparing for competitive exams. Unfortunately, 95 per cent of focusing issues or binocular vision anomalies are not diagnosed during routine eye examinations. When left unnoticed, these issues can lead to symptoms such as eye strain, fatigue, poor concentration, frequent headaches, double vision, and blurred vision. In addition to focusing issues and binocular vision anomalies, excessive use of digital screens and increased screen time for reading online study materials can lead to dry eyes, progression of myopia, and disturbed sleep. These eye symptoms are often misinterpreted by parents or teachers as disinterest in studies, leading to a lack of confidence and feeling of overburden in children.

Dr Rohit Shetty, Chairman, Narayana Nethralaya said, "In the last 5 years, academic examinations have become tougher, leading to a significant increase in the challenges children face during exams—this has escalated by 30-50 times. Parents and teachers should refrain from labelling a child as an underperformer until the root cause of the child's difficulties are identified. No child should risk losing their vision, career, or life due to undetected vision problems."

Traditional eye check-ups usually focus on identifying problems of distant vision only, thus missing out on the crucial diagnosis of eye problems that require a detailed orthoptic evaluation. This evaluation ensures tailored treatment that includes glasses, targeted eye exercises, and in rare cases, surgery, offered only by specialised centres.

Dr Jyoti Matalia, Consultant in Paediatric Ophthalmology and Strabismology, stresses the importance of a detailed orthoptic evaluation for tailored treatments, including glasses, targeted eye exercises, and, in rare cases, surgery, extensive screen time, and lack of outdoor activities contribute to eye strain, dry eyes, and myopia progression. Dr Sumitha Muthu, another consultant at Narayana Nethralaya, recommends early detection through orthoptic tests and prompt treatment to alleviate eye health issues caused by increased digital stress.

Preventive Measures

Eye conditions like accommodative spasm, accommodative infacility, convergence insufficiency may recur with exam stress, therefore it's essential to follow certain tips while studying for exams:

- Maintain a good reading distance (14-16 inches for a book).
- Avoid using small devices like mobile phones for online study materials.
- Follow the 20-20-20 rule for taking frequent breaks.
- During breaks, avoid using mobile phones or watching TV.
- Practice meditation to rest your eyes and improve concentration.
- Maintain a healthy diet.
- Ensure sufficient sleep.

3 THINGS TO DO

01 Sounds of India

Watch internationally acclaimed Coke Studio India fame Mame Khan live at the "Sounds of India" concert. This captivating event showcases the diverse sounds and rhythms of India, spanning classical, folk, and contemporary genres.
When- February 10, 6 pm
Where- Garuda Mall Outdoor Courtyard

02 Handicraft market

Discover a vibrant array of handicrafts at "The Souq (Market)" exhibition in Bengaluru, inaugurated by content creator Nethra Reddy.
When: Until February 18
Where: Chitrakala Parishat

03 Stage suspense

Ventures Theatre presents "The Flame," a gripping thriller based on Somerset Maugham's 21st Play. "The Flame" unfolds the intricate dynamics among its characters in a beautifully crafted narrative. Delve into a world of mystery and suspense as the plot unravels on stage, leaving audiences on the edge of their seats. **When- February 24**
Where- Jagriti Theatre

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Fast Car at Grammys

Something was unique about the 2024 Grammys: Tracy Chapman's soulful rendition of her 1988 folk-rock hit 'Fast Car' alongside Luke Combs.

Many of us who grew up listening to this track relived the song for what it was once again. It was a time of great cultural churn when this iconic song was released, as the 80s was turning into 90s, and for whatever was in store for music and culture thereafter at the turn of century.

Here's a bit from the song: "So I remember when we were driving, driving in your car / Speed so fast, I felt like I was drunk / City lights lay out before us / And your arm felt nice wrapped around my shoulder / And I, I had a feeling that I belonged / I, I had a feeling I could be someone, be someone, be someone..."

'Fast Car' was of hope, escaping the penury, getting away, dreaming of a good life in the city.

Irony is we have contemporary artists barely able to reflect upon social realities despite being mega cultural icons, yet unable 'to belong or be someone' who can salvage the collective, let alone the arts, from the precipice of imminent socio-cultural ruin. They pale in comparison to the minimal, gender-binary busting Chapman driving her Fast Car home with such understated elegance.

So, is there something beyond the nostalgia, in works of art or music produced in the past decades before big tech invasion, surfacing now? They are not really that old so-to-speak.

Chapman said it all with the bare minimum -- effortless work, not so loud, imposing or assertive. The simplicity makes it so profound that it diminishes everything as it did in the 80s; it did so at the Grammys and in times in between too. It also points to the lack of longevity in the works of art, music and letters produced of late. More importantly, to borrow master animator Miyazaki's words, we are seeing too many *otakus* today - or works created with no social reflection.

That said, perhaps at long last we are witnessing signs of a cultural revival too.

Arriving in the mainstream discourse as Chapman's 'Fast Car' are definitive signals — suggesting we are thirsting for a departure from the sociocultural rut spawned, paid for and sustained by the tech complex for about two decades or so.

This monumental challenge, that is debilitating our society, depriving it of art inspired by lived experiences as it were not so long ago, art that guides/nurtures the collective conscience to even effect radical political transformations

that are timely and decisive, is no doubt an arduous obstacle in our journey into the future.

If you step back now and introspect, it gradually becomes clear that the single point agenda of the tech complex, has been by far to kill the original idea — as long as the idea isn't sustained by digital technology platforms anchored elsewhere (patented and copyrighted); it is as though there cannot be a standalone original idea sans tech.

When this pattern attacks fine arts and music — our cultural capital and what differentiates us as humans — it is problematic. We have been seeing so-called artificial intelligence trampling upon the works of great masters and rendering works of art and music even with its 20-year-old dataset-driven charades. Oftentimes these purported artworks of AI monumentally fail to evoke any connection with the human experience which forms the basis of any art.

How amusing is this, while on the one hand tech is the new proclaimed fountainhead of all social, cultural and political revival but on the contrary one scrambles to find ingenuity in arts and letters in the multitude of works floating online. Perhaps that is precisely why at the first instance of a throwback piece from the pre-tech 70s, 80s or 90s that emerges once in a blue moon — the nostalgic reservoir of emotions bursts as everyone's transported to a realm once really existed and embraces it as though an ethereal experience.

Still most of us fail to see the writing on the wall: how tech is slowly hollowing out art and culture from peoples of varied geography. The loudness, the bravado, the arrogance of new art/music eager to defend itself is telling whereas a song such as Fast Car from yore, that too sublime as it is, evokes a terrible feeling of loss at the wayward progress if any in the contemporary sociocultural realm curated by tech.

When the effort is to suffocate creativity bound by today's algorithmic restrictions, relief and hope are at hand as echoes of music and art from what seems like aeons past now prompts us to do the right thing and not get lost in the neoliberal cacophony, by birthing evocative arts, letters and music as we did before big tech arrived.

Minors riding is not a minor issue

School associations ask police to go tough on minors zipping past campuses

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With the city police cracking down on minor driving in school campuses, associations have now stepped up and urged the police to take action alleging that minor driving and triple riding have increased in and around schools. The association has also written to the Police commissioner asking for decisive measures to address the growing issue of minors engaging in illegal driving activities. Expressing concern over the rising incidents of accidents leading to fatalities among minor students, the associations demand immediate arrests and penalties for guardians deemed irresponsible.

D Shashi Kumar, General Secretary of the Karnataka Associated Managements of English Medium Schools (KAMS), said, "The surge in underage driving incidents, involving both two and four-wheelers has increased drastically. Tragically, numerous male and female students have lost their lives, while many others have suffered severe injuries. Despite the alarming situation, there is a lack of specific guidelines or directives from the police and education departments, stressing the need for preemptive measures rather than reactionary responses. We are sorry to state that most of the actions are typically taken only in the aftermath of specific incidents. Hence, we stress the importance of educating children about the consequences of their actions and the necessity of avoiding such perilous activities."

The letter refers to a recent incident in the Anekal area, where a vehicle associated with a school event collided with another school vehicle, resulting in a fatality. However, the organisations advocate against holding educational institutions solely accountable, noting the broader issue of parental negligence and irresponsibility.

As many as 1,896 cases were booked at a special drive near schools

"While acknowledging the common practice of educational institutions implementing measures to prevent misuse of vehicles and mobile phones by minors, our association argues that the root cause lies in parents' neglect and the willingness to provide vehicles for their children's use. We decry the violation of children's rights and the potential influence on their peers, demanding the urgent need for corrective action," the letter states.

It goes on to propose immediate measures, urging schools and colleges to take action against underage students driving without permission. "We recommend reporting such incidents to local police stations, summoning guardians promptly, confiscating vehicles, and initiating legal proceedings, including fines. Additionally, we call on the police to issue notices and take up action regarding students driving to home tuition, tutorials, and coaching centers. There is a need for proactive monitoring, advocating for regular checks and impounding vehicles parked near coaching centers at least thrice a week. Overall, we stress the critical need for collaborative efforts between educational institutions and law enforcement to curb underage driving and ensure the safety of minors on the roads," the letter said.

> **"The root cause lies in parents' neglect and the willingness to provide vehicles for their children's use**
>
> –School associations' letter

The police had recently initiated a special drive near educational institutions and booked 1,896 cases, collecting a penalty of Rs 9,48,000 in a single day. This included 1,279 cases for driving without helmets, 85 cases of triple riding, 455 cases of driving in no-entry zones, and 77 cases of footpath driving.

Lodge complaint if '40 per cent commission' prevails, says CM

Karnataka Chief Minister Siddaramaiah on Friday asked the Karnataka State Contractors' Association president D Kempanna to approach Justice Nagamohan Das Commission if he has documents to prove that corruption is prevailing in the state.

> **Take proof to Justice Nagamohan Das panel that is probing claim: Siddaramaiah**

The chief minister who spearheaded the '40 per cent commission' campaign against the previous BJP government, said Kempanna can lodge a complaint against those demanding bribes.

"We have constituted the Justice Nagamohan Das Commission to probe the '40 per cent commission' that happened in the previous (BJP) government. If he has documents then he must share them," Siddaramaiah told reporters here.

Kempanna on Thursday alleged that the practice of 40 per cent kickbacks on government contracts continues even under the Congress regime as well.

Accusing officials in the state government of rampant corruption, he said, earlier (during the previous BJP regime) public representatives were demanding bribes, now it's their turn.

"Corruption is on in Karnataka by the officials. Till now, no MLA, MP or Minister has asked us for money. Earlier MLAs used to ask for a specified amount to give us a contract for work. That is not the situation now. Now the officials come and ask -- give money, if you want work," Kempanna told reporters. **PTI**

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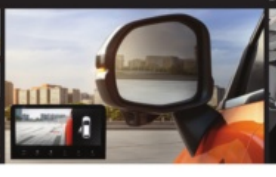
First-in-segment**	Best-in-Industry					

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Mysuru Road best bet for realty sector

Mysuru Road is seeing rapid development thanks to multiple infrastructure projects. The Bengaluru-Srirangapatna-Madikeri highway is poised for development as the land acquisition process goes ahead. Officials indicate that the commencement of work is likely in the next few months.

The project will proceed in four packages after awarding the works. With the land acquisition process nearing its end, construction work is expected to commence soon. An official said, "Separate entry and exit points will be designated for this road, and the land acquisition for these has been accomplished. However, land acquisition for slip roads has not been completed yet. There is a proposal to acquire an additional 84 hectares of land, and once this process is finalised, construction will commence shortly."

This is a crucial stretch of highway as those heading to Madikeri and other places in Kodagu district from Bengaluru can expect a cut in travel time as the National Highways Authority of India (NHAI) is planning a greenfield road that will not only act as a by-pass to the Mysuru (city/ Outer Ring Road) but will also drastically cut the travel time. The current travel time between Bengaluru to Madikeri is around 7.5 hours and NHAI officials claim that the travel time will reduce to 5 hours once the new road is in place (along with the proposed 10-lane Bengaluru-Mysuru highway). .

The new highway will take a deviation from the existing Bengaluru-Mysuru highway at Bommuru Agrahara (near Srirangapatna) which will join the current Bengaluru-Mysuru-Kushalnagar road near Hunsur-Gonikoppa road. The new road which will pass through farm lands will be of 51.43 km in length and will save motorists from travelling via Mysuru city or Mysuru ring road and by-pass many small towns and villages. Two by-passes will also come up at Kushalanagar (12.3 km), Periyapatna (20.2 km).

Skanda Gowda, a realtor said, "The proposed extension of the Srirangapatna-Kodagu highway is poised to significantly boost property and real estate development in the region. Previously, the challenges associated with reaching Mysuru have now diminished, as the commute between the two cities can be completed in less than two hours. This newfound accessibility has already led to increased interest in property investments along Mysuru road, driven by the desire to seamlessly connect the two cities while circumventing urban traffic congestion. The enhanced connectivity is likely to attract investors and homebuyers."

Revathi G, another realtor added, "The extension of the highway until Kodagu will not only reduce travel time to Madikeri but also open up new opportunities for property investments.

As the project takes off from Srirangapatna with a combination of Greenfield and Brownfield upgrades till Kushalnagar, the real estate sector is expected to witness increased activity and growth."

–Prakash VL

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10-storeyed building in Cubbon Park: 'We protest'

Walkers association among other concerned visitors to park who are urging govt to rescind order to start construction

The Cubbon Park Walkers Association is planning to hold a protest against the approval granted by the Karnataka government for construction of a 10-storeyed building as an annexe to the High Court within the park premises on Sunday. The association said that the proposed building besides encroaching upon the park area will lead to an increase in both human and vehicular traffic. "We urge the government to immediately rescind the order," it said.

The plan to build a 10-storeyed annex was put on hold for the past five years after heritage activists and environmentalists raised their concerns and opposed the construction within what they deem as the city's largest lung space. The Horticulture Department has so far held many meetings over the matter. The said construction, if it were to take place, will involve razing down of the old Election Commission (EC) building where the new building will be constructed, situated between the Press Club and the old KGIB building.

Due to the Karnataka Government Park (Preservation) Act, 1975 construction activity has not been carried out within the premises of the park. However, in October of 2019, the Karnataka High Court allowed the government right to construction in place of the old Election Commissioner's office after its demolition according to an approved plan. It had noted that construction can be taken up as long as it does not involve cutting of trees.

The move has come as a shock for activists striving to protect the handful of parks that act as open spaces for the public. They have urged the authorities to consider shifting the construction elsewhere so as to keep the Cubbon Park ecosystem undisturbed.

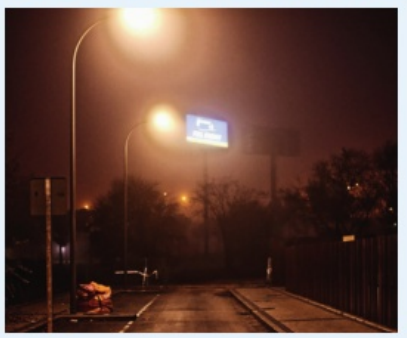
Even before, visitors to the park have flagged construction work going inside park premises as a matter of concern. In November last year, BM had reported about the construction of a shed-like structure near the bandstand had begun in May. Though there were objections, the construction was completed in that case.

10-storeyed building is planned as an annexe to the High Court on Cubbon Park premises

Bangalore Mirror
Structural problem at Cubbon Park

BM's report on November 17, 2023 about the construction going on at the park of a shed-like structure

DID YOU KNOW?



On August 5, 1905, Bengalureans saw their first electric streetlights. More than a year earlier, William McHutchin, a Briton trained in the Madras Civil Engineering College and the then chief engineer of Bengaluru at the Public Works Department, wrote a letter to the Maharaja of Mysore. There is a file on the early days of electrified Bengaluru at the Karnataka State Archives on the Bangalore Power and Lighting Scheme 1904-05. Compiled by Major deLotbiniere, it shows an annual maintenance expense of Rs 50,000 and an estimated annual income of over Rs 1.18 lakh. The author clearly foresaw a significant section of the Bengaluru population shifting to electric power – charged at Re 1 per month for an electric bulb. A substation was built near the Victoria hospital with a transformer of 450kv capacity to receive power from Kankanhalli for the city lighting scheme.
Courtesy: TOI report

GET HEARD WITH MIRROR

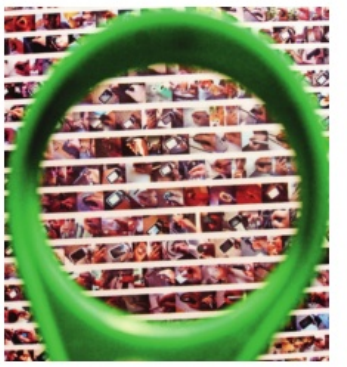
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What are your thoughts on Bengaluru's startup culture and its impact on the city's economy and job market?

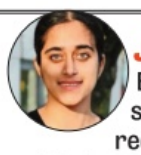


Suhani Goel, BM Reader
Bengaluru's startup culture has become a driving force for economic development, creating a ripple effect that extends to the job market. The influx of jobs and businesses emerging from the ecosystem has been transformative.

Kanika, BM Reader
It stands as a beacon, profoundly influencing the city's economy and job market. The city has rightfully earned its title as the startup capital of India, attracting attention for its thriving entrepreneurial ecosystem.

Surbhi, BM Reader
A defining characteristic of Bangalore is its robust support for startups, evident in the city's promotion of numerous unicorn startups. This emphasis on fostering innovative ventures has only elevated the city's reputation.

Shobha, BM Reader
The impact of startups in Bengaluru on job creation and the economy has been profound. These startups have become big contributors to employment across various sectors, injecting dynamism into the job market.



Jasnoor, BM Reader
Bengaluru's reputation as a startup nation precedes it, and it is recognized even by those unfamiliar with the city. This has become a defining characteristic, symbolising innovation and entrepreneurial spirit.

Poorva, BM Reader
Bengaluru, to me, is more than just an IT hub; it is a bustling startup center and a metropolitan hub. The city's prominence in the startup ecosystem is evident, with numerous success stories, including unicorn startups.

SPEAK TO US

What do you believe sets Bluru's educational institutions apart, and how do they contribute to the city's intellectual atmosphere?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Drug destruction

Seized narcotics drugs worth over Rs 35 crore were destroyed by the Karnataka Police at Dabaspet Industrial Waste landfill on Friday. Home minister G Parmeshwara, IGP Alok Mohan and other senior police officers were present

In slow lane on digital highway

Study reveals 54% of public in B'luru never used any govt portals, apps

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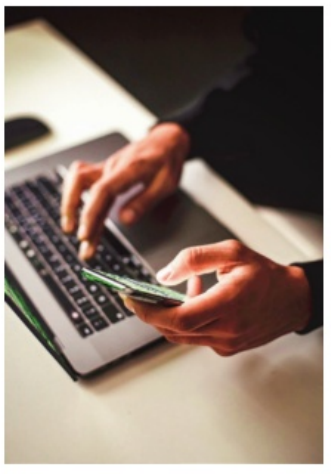

A report titled 'Digital Society – A study of an Urban City (Bengaluru)' has revealed that close to 54% of the general public in Bengaluru have never used any of the major government solutions or platforms available online.

The survey for the report conducted by itihaasa Research and Digital, a firm that delves into the evolution of technology and business was put forth on Thursday, in a symposium held by the Centre of IT and Public Policy (CITAPP) at the International Institute of Information Technology (IIIT-B). The symposium was on 'Emerging Opportunities and Challenges in Digital Society.'

The report has shown that Aadhaar was the most used government platform among the general public, with the percentage amounting to a mere 32% while IRCTC railway ticketing stood at 23% and the Aarogya Setu/CoWin – healthcare application stood at 22%. The report noted that even among these, differences were recorded between Socio Economic Classification (SEC) groups.

The participants for the survey were divided into two categories – 1,640 respondents were chosen by random sampling (general public) and another 206 respondents addressed as IT experts in the report (booster sampling). In a significant number of patterns evaluated in the study, there have been a range of differences within the two categories. For example, IT experts used government platforms or solutions 2.5 times more in comparison to the general public. At least 97% of them claimed to have used at least one government solution once in the past year.

The report said that the general public mainly (90%) used digital technology for calling friends/family on WhatsApp, while 83% used it to watch videos on social media, messaging on WhatsApp (76%), using digital payment apps (84%), browsing and commenting on Facebook or Instagram (67%), online shopping (62%) and online delivery of food (60%).

Sudhir Krishnaswamy, the Vice Chancellor of National Law School of India University (NLSIU), who was part of the symposium, noted that the very low usage of government platforms in a city like Bengaluru is alarming.

Get set for latest VK Street Sambhrama

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Excitement is mounting for the VK Street Sambhrama as residents of Bagalagunte, Mallasandra, MEI Layout, and T Dasarahalli gear up to reclaim their roads. Shantrunjay Sharan, a resident, expressed, "This mega event is not only for locals but for everyone. Bagalagunte on Hesaraghatta Road has become one of the city's rapidly growing neighbourhoods. Decades ago, it seemed distant, but now it's integral to Bengaluru. Many are moving here to build their dream homes. Now, we're all eagerly anticipating this Sunday for some fun."

Trishika C, a college student, said, "I've heard about VK Street Sambhrama held across the city to unite communities. Residents in cities like Bengaluru hardly get to know their neighbours due to their busy lives. This event is not just fun; it's a reunion where we can interact, play games, and strengthen bonds. I can't wait for this special Sunday program."

Don't miss out this Sunday on a variety of activities, including skating, dance, laughter yoga, lemon and spoon races, marbles, skipping, pottery, and caricature drawing. But that's not all; the event promises an even more exciting lineup. Congress leader from Dasarahalli constituency G Dhananjaya and former MLC Puttanna will inaugurate the program. Actress Bhavana, Bengaluru Graduates Constituency's Congress MLC candidate Anekal Ramoji Gowda, and others will participate.

VK Street Sambhrama at MEI Layout is more than just an event; it's an opportunity to come together, celebrate, and enjoy a day filled with entertainment, community spirit, and the sheer joy of being part of something extraordinary. Don't miss this incredible celebration! Participants can join various games and stand a chance to win exciting prizes. For those eager to participate in specific programs like painting, fancy dress (for children), or rangoli (for women), enrolment is available free of charge. If interested, simply sign up by contacting 7676668588.

VENUE - MEI Layout Main Road

DATE & TIME - February 11, between 8 am and 12 PM

-Prakash VL

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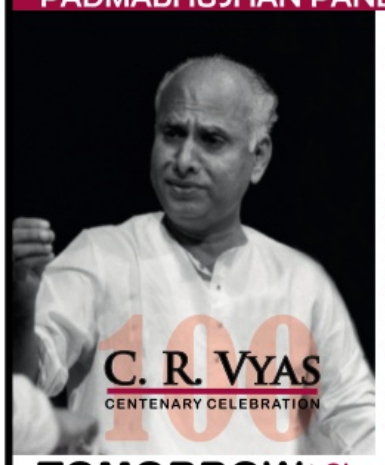

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PVR - INOX CINEMAS {DIRECTORS CUT, FORUM REX WALK, 1:00, 4:10, 7:20, 10:30 p.m. | NEXUS FORUM MALL, KORMANGALA, 9:10, 3:40, 10:00 p.m., IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | ORION MALL, YESHWANTPUR, 9:20, 9:50, 12:30, 1:00, 3:40, 4:10, 6:50, 10:00, 10:30 p.m. | VAISHNAVI SAPPHIRE MALL, TUMKUR ROAD, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | VEGA CITY MALL, 9:20, 9:50, 12:30, 1:00, 3:40, 6:50, 7:20, 10:00, 10:30 | MSR REGALIA, 9:20, 11:55, 3:40, 6:20, 6:50, 10:00 p.m. | PHOENIX MARKET CITY, K.R. PURAM, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | BHARTIYA CITY, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GT WORLD MALL, IN ATMOS : 9:00, 12:30, 3:40, 6:50, 10:00 p.m. | AURA PARK SQUARE, WHITEFIELD ROAD, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | SPIRIT MALL, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | VR MALL, WHITEFIELD ROAD, 9:20, 9:50, 12:30, 1:00, 3:40, 4:10, 7:20, 10:00, 10:30 p.m. | GLOBAL MALL, NAYANDALLI, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | UPTOWN OMR MALL, IN ATMOS : 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | SUPERPLEX FALCON CITY, 9:20, 12:30, 3:40, 6:50, 10:00 p.m., IN ATMOS : 9:50, 1:00, 3:10, 7:20, 9:45, 10:30 p.m. | MANTRI MALL, 9:40, 12:50, 4:00, 7:10, 9:50, 10:20 p.m. | CENTRAL MALL, J.P.NAGAR, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GARUDA MALL, IN ATMOS : 9:50, 1:00, 4:10, 6:40, 7:20, 9:50, 10:30 p.m. | SWAGATH MALL, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | FORUM NEIGHBOURHOOD MALL IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | BROOKFIELD MALL, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | LIDO, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | GALLERIA MALL, RMZ YELAHANKA, IN ATMOS : 9:40, 12:50, 4:00, 7:10, 10:20 p.m. | GARUDA, YELAHANKA, 9:30, 12:40, 3:50, 7:00, 10:10 p.m. | SBR HORIZON, SEEGEHALLI, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m.} | CINEPOLIS CINEMAS {ROYAL MEENAKSHI MALL | ETA MALL, BINNY MILL, 9:30, 10:30, 12:30, 1:30, 3:30, 6:30, 7:30, 9:30, 10:30 p.m. | EAST ORION MALL, 9:30, 10:00, 12:30, 4:10, 6:30, 9:30, 10:30 p.m. | SHANTINIKETAN, 9:30, 10:30, 12:30, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30 p.m. | SJR SPECTRUM MALL, 9:30, 10:00, 12:30, 3:30, 4:15, 6:30, 9:30, 10:00 p.m. | LULU MALL (TRD, 9:30, 10:30, 12:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30 p.m.) | LULU MALL (VIP), 10:00, 11:30, 2:30, 5:30, 8:30 p.m.} | GOPALAN CINEMAS {ARCADE MALL, 10:30, 6:45, 10:00 p.m. | LEGACY MALL, 10:00, 1:0, 4:15, 7:15, 10:00 p.m. | GRAND MALL, 9:45, 2:30, 7:30, 10:15 p.m. | SIGNATURE MALL, 1:30, 5:00, 10:00 p.m. | INNOVATION MALL, 10:30, 3:15, 7:15, 10:00 p.m.} | INNOVATIVE {MARATHHALLI, 9:45, 1:00, 3:45, 7:15, 10:25 p.m.} | KINO CINEMA {SEEGEHALLI, 10:10, 1:10, 4:20, 7:10 p.m.} | CINEPHILE {HSR LAYOUT, 10:30, 4:20, 10:30 p.m.} | ROCKLINE CINEMA MALL {JALAHALLI CROSS, 10:00, 4:05, 9:40 p.m.} | MIRAJ CINEMAS {SUNKADAKATTE} | CINE GALAXY {SURATKAL, 10:35, 5:00, 7:45, 10:30 p.m.} | CAUVERY THEATRE {SANKY ROAD, 6:00, 9:30 p.m.} | MOVIE TIME {DAVANGERE, 10:30, 4:30, 10:30 p.m. | BELLARY, 10:00, 4:00, 10:00 p.m.} | SWAGATH SHANKARNAG {M.G.RAOD, 4:30, 10:30 p.m.} | HMT THEATRE {JALAHALLI, 1:40, 7:15 p.m.} | VAIBHAVI VAISHNAVI {UTTARAHALLI} | BALAJI THEATRE {TAVAREKERE, 4:00, 7:00 p.m.} | SHARADA THEATRE {SP ROAD, 10:15, 4:15, 7:15, 9:45 p.m.} | MANASA {K K CROSS, 4:00 p.m.} | BRUNDA THEATRE {HONGASANDRA, 4:00 p.m.} | SANTOSH THEATRE {RPC LAYOUT, 2:00, 6:00, 9:00 p.m.} | VINAYAKA THEATRE {HARINAGARA} | VINAYAKA THEATRE {DJ HALLI, 11:00, 2:30, 6:15, 9:45 p.m.} | JAI BHARATH THEATRE {TUMKUR, 10:30, 1:30, 5:00, 8:30 p.m.} | PVR - INOX CINEMAS {FIZA MALL, MANGALORE, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | FORUM MALL, MYSORE, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | GARUDA MALL, MYSORE, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | CENTRAL, MANIPAL, 9:50, 1:00, 4:10, 7:20, 10:30 p.m. | SATYAM MALL, MYSORE, 9:20, 12:30, 3:40, 6:50, 10:00 p.m. | S MALL, TUMKUR, 11:50, 3:00, 9:30 p.m., IN ATMOS : 9:50, 4:10, 7:20, 10:30 p.m. | CENTRO MALL MYSORE, IN ATMOS : 9:50, 1:00, 4:10, 7:20, 10:30 p.m.} | CINEPOLIS {CITY CENTRE MALL, MANGALORE, 9:45, 10:20, 12:45, 3:45, 6:45, 9:45, 10:30 p.m.} | BHARATH CINEMAS {MANGALORE, IN ATMOS : 11:30, 2:15, 7:45, 10:15 p.m. | MANIPAL, 11:00, 2:00, 4:45, 7:30, 10:15 p.m. | KUNDAPUR, 11:00, 4:30, 10:00 p.m. | PADUBIDRE | PUTTUR | SHIMOGA, 11:00, 7:30, 10:30 p.m.} | DRC CINEMAS {MYSORE, 7:00, 10:00 p.m.} | VISION CINEMAS {MYSORE, 10:30, 1:15, 7:00, 9:30 p.m.} | BALAJI DELUXE THEATRE {MYSORE} | VASANTHA THEATRE {DAVANGERE, 11:00, 2:00, 5:00, 8:00 p.m.} | RAGHAVENDRA THEATRE {BELLARY, 11:00, 2:00, 5:00, 8:00 p.m.} | R R MULTIPLEX {BELLARY} | BALA THEATRE {HOSPET}.

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CHANGE OF NAME

I SHWETA SUNAGAR W/O Mr. Manjappa Bidaragaddi, Residing at VTC Kadamnhalli, Post Gundenahalli, Taluk Byadagi, Haveri District Declared that, I have Change my Name From SHWETA SUNAGAR to KAVYA MANJAPPA BIDARAGADDI Vide affidavit dated 05/02/2024 Sworn Before Notary KUNDAN BABU.M. Bangalore

I, ASHOK KUMAR S/o Late Ponam Chand @ Poonam Chandraigandhi @ Poonamchand Jain, R/at No. 207/A, 1st Floor, 55th Cross, 4th Block, Near Ram Mandir, Rajajinagar, Bangalore-560010 have changed my name to ASHOK KUMAR JAIN, vide affidavit dated 09.02.2024 sworn before notary Renuka .C, B.lore

I, SANDHYA PRASANNA KUMAR, W/o. Prasanna Kumar.D.V., Residing at No. 853, 61st Cross, Kumarswamy Layout, Bengaluru-560078, have changed my name to SANDHYA PRASANNA, vide Affidavit dated: 09.02.2024 before notary V. Rajashekhara, Bengaluru.

WE Farhan Nawaz and Rose Mary Victor R/O No. 1354, 2nd floor, 11th cross, 2nd Main Rajivgandhi Nagar, HSR L/O sector 7 Bangalore 560102 have changed my daughter's name (minor) from Aairah Nawaz to Aairah Nawaz Victor.

I Manjari jain Chandraprakash W/o Divyesh Trilok Parikh R/o 145/A, 5th Cross, 19th main, 1st n Block, Rajajinagar, B'lore-560010 have changed my name to Manjari Parikh.

I, Mubeentaj Chand Pasha W/o Syed Chand Pasha R/o No-81,2nd Floor,5th Cross, Maruthi layout B'lore-560029 have chan - ged my name to Mubeen Taj.

I Rasheeda Begum W/o Jameel Ahmed R/o #141 , Sugar mandi K B Sandra D J Halli Bangalore -560045 have changed my name to Rasheeda Banu.

I Rukmini W/O, Chandrakumar R/o No 171, Sheshadri Nilaya, Official Colony 7th Main, 8th Cross, Byrasandra, Jayanagar 1st Block Bengaluru - 560011 have changed my name to Rukmani.

I Sonia Kantilal Shah W/O, Sheik Quadeer Ahmed R/o No 312, Aishwarya Eastwood Apartments, 24th Main, Hsr Layout Near Bescom Power Station, Bengaluru - 560102 have changed my name to Sonia Shah.

I, Sambhaji Bhonsle Alias Gaurav Sambhaji Ajaybhonsle s/o Ajay Bhonsle R/o No-1202 Azure Tower of Brigade exotica Old Madras Rd Near Budigere Cross, B'luru-560049 have changed my name to Sambhaji Bhonsle for all Purposes.'

I Anuradha Shivakumar w/o S Shivakumar, R/o 87, 4th Cross, Shivaramaiah LYT, Near HP Petrol Bunk, HBR Layout, Bengaluru-560043. I hanged my name frto S Anuradha Shivakumar forall future purposes.

I Nathmal Bimal Kumar Jain S/O, Pukhraj Nathmal Jain R/o Park West Tower, Emerald Flat 1001, Floor 10th, No 1 Hosakere Road, Behind Eta Mall, Binnypet Bengaluru - 560023 have changed my name to Bimal Kumar Jain.

I, Chand Pasha S/o Syed Umar R/o No-81 ,5th Cross, Maruthi layout B'lore-560029 have changed my name to Syed Chand Pasha

LOST & FOUND

'TT is notified that my original marks card for the ISCE (Class X) exam for the year 2022 HAS BEEN LOST/MISPLACED Candidate Jayanth K Balu, Roll No. 7617864, Address: C201, Akme Ballet, ORR, Doddane kkundi, Bangalore-560037" or Contact:- 99720 99293

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AI game trains young Chinese to face nosy relatives at New Year

Chatbot uncle

Young Chinese flocking home for Lunar New Year this weekend have turned to an AI chatbot game to help train for the most dreaded social interaction of the year -- the dinner table interrogation by nosy relatives.

The annual inquisition as extended families gather for China's biggest festival is a cultural touchstone across the country, portrayed in films, books and articles and bemoaned every year online.

The new game, which uses an AI chatbot to simulate the barrage of squirm-inducing questions young people can expect to face -- "Got a partner yet? When are you getting married? How much did you earn last year?" -- was developed by a group of students for a competition in just 24 hours.

But "Epic Showdown: New Year Reunion" gained over three million users within a week of its release at the end of January, before its servers crashed because of overpopularity.

"At the beginning, everyone thought this was a game that dissed relatives," one of the creators, Wang Ziyue, told AFP.

"But later, people realised they could use it to find how to communicate with their loved ones and make them happy," the 21-year-old said.

The game features a cast of 10 relatives of varying degrees of disapproving, prying or caring.

Users can be condemned as "selfish", "unfilial" or accused of "letting the family down" if their work or marriage situation does not satisfy their cross-examiners, or if they reply rudely. The AI aunties can also be loving, with entreaties to "be sure to keep safe while driving" or to "keep warm".

Players must navigate through different levels, appeasing all eight aunts and uncles before progressing to the final bosses: the parents.

Wang told AFP the game was designed to help cross-generational communication.

"We hope to bring some humanistic care to young people during (Chinese New Year)... and help them understand the love and concern of their relatives," she said.

Some are playing for more cathartic reasons -- to tell their "family" what they really think.

"In traditional scenarios, you can't speak freely," said product manager Shi Hongjie.

"That accumulated grievance can easily erupt one day. Now, you can vent to AI, making it easier to chat with family when you go home."

Some users have been surprised by how convincing the experience is. "After eight rounds of inquiries... I'm sweating (with nervousness)," said one reviewer on Instagram-like Xiaohongshu.

Others have found themselves unexpectedly moved by the substitute relatives. "As someone who can't go home this year, I was touched (by my AI mom) at the end of the game," confessed one.

Group leader Yu Linfeng said one user, whose father died 14 years ago, told him he had cried all night after playing.

Yu said they told him: "It's been so long since I've had a conversation like this with a relative." **AFP**

US bans AI-generated robocalls to protect consumers from scams

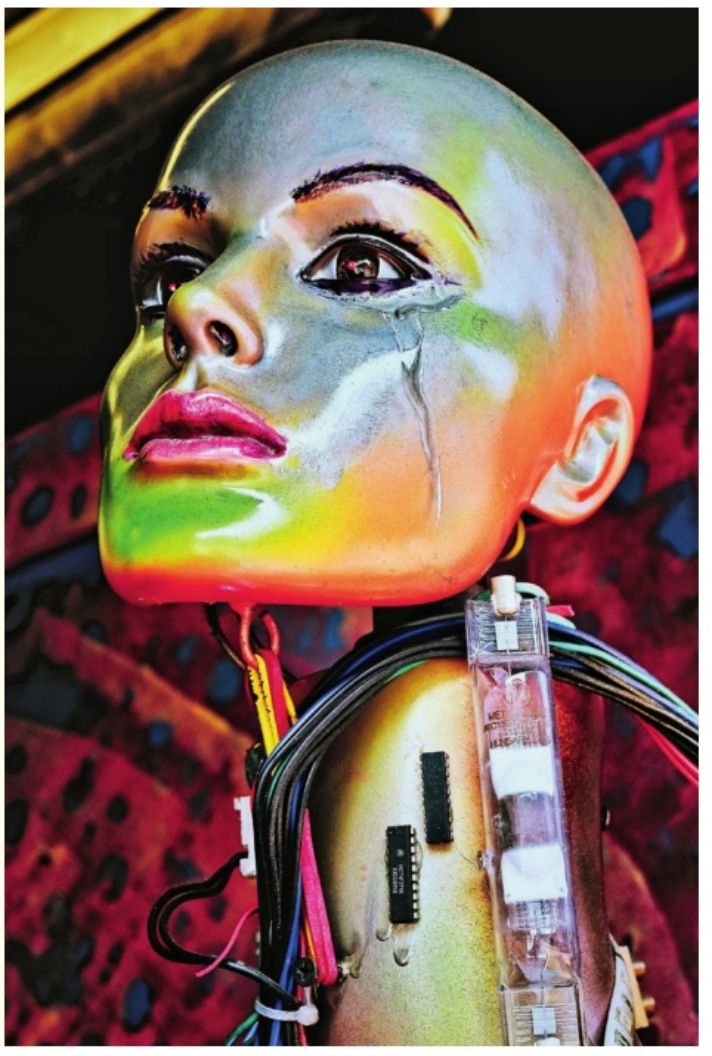
The US Federal Communications Commission (FCC) has barred robocalls with voices generated by artificial intelligence (AI) to protect consumers from voice-cloning scams.

The unanimous judgment on Thursday recognises the calls made with AI-generated voices as "artificial" under the Telephone Consumer Protection Act, according to FCC.

"Bad actors are using AI-generated voices in unsolicited robocalls to extort vulnerable family members, imitate celebrities, and misinform voters. We're putting the fraudsters behind these robocalls on notice," FCC Chairwoman Jessica Rosenworcel said in a statement.

"State Attorneys General will now have new tools to crack down on these scams and ensure the public is protected from fraud and misinformation," she added.

This comes as New Hampshire authorities continue their probe into AI-generated robocalls that used the voice of US President Joe Biden to discourage people from voting in the state's first-in-the-nation primary last month. **IANS**



1 in 2 people believe AI will enable hackers to launch more attacks

One in two (50 per cent) people believe Artificial Intelligence (AI) will enable hackers to launch more attacks, a new report has said.

According to cloud-enabled security solutions provider Barracuda Network, about 71 per cent of respondents had experienced a ransomware attack over the last year, and 61 per cent paid the ransom.

"Proactive monitoring and attack detection to prevent progression to more severe stages like data exfiltration or ransomware is key. By preparing for these scenarios today, organisations can significantly reduce the impact and cost of these incidents," said Fleming Shi, CTO, Barracuda.

The report surveyed a total of 1,917 IT security practitioners in the US (522), the UK (372), France (329), Germany (425), and Australia (269) in September 2023.

The final sample of respondents represented enterprises with a headcount between 100 and 5,000.

Moreover, the report noted that the average annual cost to respond to compromises was $5.34 million.

A majority (57 per cent) of respondents reported their organisations suffered one or more cyberattacks in the last 12 months.

About 48 per cent said their organisations suffered a data breach in the last 12 months and lost, on average, 340,267 individual records.

Among the wide variety of attack types, respondents said their organisations experienced, denial of service (52 per cent), phishing/social engineering (48 per cent), and credential theft (41 per cent) ranked as the three most common.

"Hackers follow a similar path, but instead of beginning with researching products for potential purchase, they begin by discovering thousands of potential targets. Then they move down the funnel to identify those targets with vulnerabilities they can exploit, launch their attacks, and finally, reap their rewards," the report said.

While more than half (54 per cent) of respondents said attackers' increased use of AI or GenAI will require new approaches to securing the organisation, only 39 per cent believe their security infrastructure is adequately equipped to protect against GenAI-powered security attacks. **-IANS**

BITS & BYTES

APPLE OPENS UP

Apple has allowed developers to add alternative app stores ahead of the European Union's Digital Markets Act (DMA) that will come into force next month. The tech giant said in an update that developers in the EU can now add alternative app marketplaces and generate alternative distribution packages.

"Turn on notifications to automatically inform alternative app marketplaces about package updates. Submit iOS apps for notarisation," it said. Epic Games and AltStore have already announced plans to launch their iOS app stores. **IANS**

GALAXY BOOK4 LAUNCH

Samsung is all set to launch its Galaxy Book4 series of notebooks in India this month. Sources told IANS that Samsung will likely announce pre-bookings of its Galaxy Book4 series in the middle of February, and the new notebooks will likely go on sale in the last week of this month.

The India launch comes weeks after Samsung announced the Galaxy Book4 Ultra, Book4 Pro and Book4 Pro 360 globally, touting these devices as its most intelligent PC lineup yet.

The sources also mentioned that the Galaxy Book4 Ultra might not go on sale immediately in the country but the Book4 Pro and Book4 Pro 360 and Book4 360 sales will likely start this month. **IANS**

JUST X FOR MUSK

Tech billionaire Elon Musk on Friday said that he plans to discontinue his phone number and use only social media platform X for messages, audio and video calls.

"In a few months, I will discontinue my phone number and only use X for texts and audio/video calls," Musk wrote on X.

Musk's move is seen as an effort to promote the audio and video calling capabilities of X. These features were initially released in October of last year. Since then, Musk has been actively pushing for X to become an all-encompassing app. **IANS**

‘Suburban rail to be completed by Dec 2027’

Minister says target set, but considering current pace of work, even that looks hopeful

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File photo of construction work at a site for the Suburban Rail Project

Bengalureans may have to wait for another three years to board the first suburban train, even if the works proceed at the desired pace. Infrastructure Development Minister MB Patil stated that the target for completing works in all corridors was set for December 2027, although it may not be so easy to meet this target considering the current pace of work. Meanwhile, on Friday, the Bengaluru Suburban Rail Project (BSRP), K-RIDE, and the Luxembourg-based KFW Development Bank signed an MoU for accommodating funds of Rs. 4,561 crore for the project.

Manjula, Managing Director of K-RIDE, and Wolf Muth, Country Director of KFW Development Bank, signed and exchanged the documents in the presence of Infrastructure Development Minister MB Patil. According to the agreement, KFW would provide Rs. 4,561 crore at 4% interest for 20 years. This is the supplementary agreement between Germany's KfW and KRIDE (Rail Infrastructure Development Company-Karnataka), following the primary agreement between the Department of Economic Affairs, Govt of India, and KfW for the disbursal of Rs. 4,561 crore, which took place on December 15, 2023.

Speaking on the occasion, Infrastructure Development Minister MB Patil stated that the agreement highlights how the project is going to be executed under the loan. He added that it mentions the terms and conditions of the loan towards the project, its repayment schedule, and obligations.

This loan of Rs 4,561 crore, aimed at addressing critical infrastructure needs, would be utilized for the works of Corridor-3 (Kengeri to Whitefield) Station & Viaduct, Corridor-4 (Heelalige to Rajanukunte) Station work, Depot-1 (Devanahalli), S&T Signal & Telecom), PSD (Platform Screen Door), AFC (Automatic Fare Collection), Solar Panel and Security Equipment, MMI (Man Machine Interface), Patil explained.

> **The government is committed to transparency and accountability in the utilisation of loan proceeds. Robust monitoring mechanisms will be in place** –MB Patil, Minister

" The government is committed to ensuring transparency and accountability in the utilization of loan proceeds. Robust monitoring mechanisms will be in place to track expenditure and ensure that funds are used efficiently to maximize socio-economic benefits. The target has been set to complete works in all four corridors by December 2027. The implementation of BSRP funded by the loan will contribute to better mobility for citizens, reduced vehicular pollution, and the creation of a better environment resulting in improved quality of life in the city of Bengaluru", Patil added.

So far, so good

Meanwhile, Union Railways Minister Ashwini Vaishnaw said in Lok Sabha recently the BSRP was making good progress. He said, "The sanction for the Project (148.17 Km) was granted by the Cabinet Committee on Economic Affairs (CCEA) in October 2020. The BSRP comprises four corridors, delineated as Corridor-1: KSR Bengaluru City – Devanahalli (41.4 Km), Corridor-2: Baiyyapanahalli – Chikkabanavara (25.01 Km), Corridor-3: Kengeri – Whitefield (35.52 Km), and Corridor-4: Heelalige – Rajankunte (46.25 Km). So far, significant progress has been made, with land acquisition completed for Corridors 2 and 4. Furthermore, tenders for Corridor-2 have been successfully awarded, and construction activities are currently underway. Similarly, recent tender awards for Corridor-4 have initiated resource mobilization efforts. Survey work and geotechnical investigations have been concluded for Corridors 1 and 3, marking substantial advancements in these segments of the project. Funding for the project has been robust, with a total of Rs. 1165.42 crore released by both the Central and State Governments."

Location survey

Additionally, recognising the growing demand from satellite towns around Bengaluru, the Railway has sanctioned the Final Location Survey (FLS) for several projects covering a total length of 742 km. Notably, this includes the development of a new double-line circular rail network spanning 287 km around Bengaluru city, connecting key points such as Nidvanda, Doddaballapur, Devanahalli, Malur, Heelalige, Hejjala, Solur, and back to Nidvanda.

Wholesale cloth merchants make plea for help

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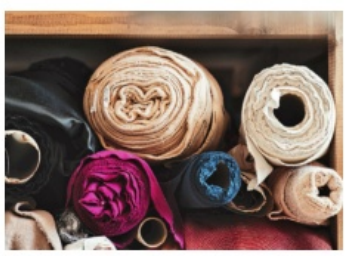
The Bangalore Wholesale Cloth Merchant Association has submitted a memorandum to Piyush Goyal, the Minister of Textiles, Commerce, and Industry, Government of India, stressing on the challenges faced by their businesses. The focus of the discussion centered around the recent Amendment 43(B) in the Micro, Small, and Medium Enterprises (MSME) Act. Board members raised concerns during the meeting, proposing a one-year deferment of decisions related to the amendment.

The Association highlighted potential adverse effects on micro, small, and medium businesses if Amendment 43(B) is implemented hastily. They emphasised on the necessity for a comprehensive debate involving representatives from the business and trading community before introducing such amendments.

In the memorandum, the Association urged the Central Government to postpone the implementation of Amendment 43(B) for the current financial year. This delay would provide adequate time for necessary rectifications and reforms, considering valuable input from the trade and industry sector.

Expressing concerns about the immediate impact on entrepreneurs and enterprises recovering from the repercussions of the past two years' lockdowns, the Association supported the concept of a disciplined payment cycle but deemed an overnight implementation impractical.



Cloth merchants say they have faced too many challenges

They proposed a phased approach, starting with a 90-day credit period, gradually reducing to 60 or 45 days. Prakash Chand Pirgal, President, The Bangalore Wholesale Cloth Merchant Association, said, "The most concerning aspect is the addition of remaining liabilities above 45 days to the firm's profit, creating challenges for entrepreneurs to pay taxes on those amounts. Additionally, the impact on GST amounts of disallowed purchases and expenses, along with the confusion surrounding balance sheets, requires careful consideration. A simple rectification to extend the credit period to 90 days for this financial year will prevent unnecessary disruptions in business cycles."

AI cams onboard KSRTC buses to check on drivers

CONTINUED FROM PAGE 1

The device would be able to issue warnings if the driver is experiencing drowsiness & observed to be yawning, or seen using a mobile phone at the wheel. Warnings will be issued for distracted driving, smoking at the wheel, lens blockage, lane change, probability of forward collision, potential pedestrian collision along with headway warning, overspeed warning while performing real-time location identification alongside providing regular feedbacks for monitoring by depot managers.

"We conducted a pilot in 2018-19 for the Driver Drowsiness & Collision Warning System. The pilot was conducted on two of our vehicles servicing the Bengaluru-Ernakulam route and went on for about two months. Based on the success of the pilot, we asked the Karnataka government to implement it for all buses," said a senior KSRTC official.

If the driver yawns, the system issues a loud warning

How it works

A camera is positioned at the driver's head level and another is positioned towards the road. Using the AI-enabled cameras, the system picks up certain events and issues timely alerts.

For instance, if the driver yawns, the system issues a loud warning. Even if the driver's eyes are partially closed or their focus is not completely on the road, it will throw up an error warning. Collision detection system gets activated when the vehicle starts over-speeding. The system is alerted when it finds a vehicle within 50 m distance of the bus. Firstly, the system throws up an alert; in case of failure to respond to the warning, the system takes over the bus and applies brakes.

The system is not just meant to assist drivers but also to create accountability and train them to be better drivers.

"Every time a driver makes a violation, the system takes pictures and uploads it on the server. The server can be monitored by KSRTC officials. In case, a driver chooses to ignore the system, the system would alert the depot managers. Once the driver completes the trip, depot managers can warn/penalise/create awareness for them," he added.

HEALTH TIP: Atherosclerosis involves deposition of substances such as cholesterol and fats in the arteries, resulting in formation of plaques that can reduce blood flow

Millet has high nutrition, which strengthens the body's immunity, and also provides strength to fight diseases

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BULLY AT WORK

Here's how to recognise bullying at workplaces and deal with it

The phenomenon of bullying, harassment and sexual abuse in workplaces throughout North America is widespread and harmful to both individuals and organisations. In fact, bullying at work affects up to 30% of workers over time.

As practitioners and researchers who study workplace violence, including bullying, harassment and sexual abuse, we define workplace bullying as harmful acts of mistreatment between people that go beyond incivility and cross the line to intentionally causing harm.

Bullying behaviours range from verbally insulting or socially excluding someone to sabotaging the victim's work, inflicting psychological terror and engaging in sexual abuse or physical aggression.

Manipulation and provocation also play a role in bullying dynamics, and cyberbullying has emerged as a new form of workplace harassment. Research suggests the impacts of workplace bullying affect employee health and safety and the workplace overall.

In a grocery store line, if someone invades your space, shoves you aside or threatens physical harm, the police may intervene, potentially resulting in an arrest.

However, in the workplace, incidents involving bullying, assault, sexual abuse or other forms of violence are typically addressed through internal investigations. Our research suggests that treating workplace bullying as a matter of public health rather than employment law is necessary to protect those being targeted.

Workplace bullying results in real harms

Targets of workplace bullying often experience serious repercussions, including stress and burnout, along with other diagnosed mental health issues and, in extreme cases, suicide.

Bullying can affect physical health, with symptoms including sleep disturbances, cardiovascular diseases, body aches and pain, loss of appetite and headaches.

Targets often describe an inability to concentrate; since they're spending time worrying about what is going to happen to them next, job performance suffers. The negative impacts can spill over to a target's personal life and affect their relationships with family and friends.

It's not unusual for targeted workers to feel uncomfortable coming forward and talking about their experiences. But suffering in silence can lead to an even more toxic climate at work that can undermine your victims' sense of security, with long-term consequences for their well-being.

Personality traits of bullies and their targets

Workplace bullies often target those who possess qualities highly valued by employers: self-sufficiency, cautiousness and innovativeness. Those targeted typically are motivated, have a kind perspective and prefer to avoid getting involved in office politics or engaging in competitive behaviour. They take charge of their work and responsibilities.

Bullying often involves an imbalance of power, where the perpetrator acts to obtain power and control over the target.

Researchers find that bullies tend to have low self-esteem, problems with anger management and even personality disorders. Bullies often target people based on their appearance, behaviour, race, religion, educational background, LGBTQ+ identity or because of perceived threats to their own career.

There's no hard-and-fast profile, but males tend to exhibit more of the traits associated with bullying. Those who possess tendencies toward what psychologists call dark triad traits – Machiavellianism, subclinical psychopathy and subclinical narcissism – often gravitate toward jobs that offer high levels of freedom and hierarchical structures.

Are you being bullied?

Have you noticed a decline in your emotional or physical health? Is your job performance being affected? Feeling constantly stressed, anxious or demoralised are signs that something isn't right.

Think about whether you feel singled out. Do you sense that you're being isolated because of how others treat you?

If you do conclude you're being bullied, your first priority is keeping yourself safe. Defending yourself against workplace bullying takes courage, but there are steps you can take to diffuse, distance and document what is happening to you.

In the moment when bullying is occurring, focus on trying to keep your emotions in check and avoid being reactive. For example, try to gain some psychological distance in an emotionally charged situation – politely walk away, don't engage, give yourself time to settle your emotions.

Taking space by stepping away can disrupt the immediate intensity of the situation. It helps you stay in control rather than allowing a bully to force you to respond impulsively in the moment, which can lead you to say or do something you'll regret.

Try your best to de-escalate the situation. Some tips for how to stop an interaction from spiraling include:

- Using polite, firm language to ask the bully to stop the conversation. Asking the bully to leave.
- Removing yourself from the situation if the bully won't go. Informing your supervisor immediately.
- If you feel threatened, calmly and politely stop the interaction by removing yourself in a non-threatening way. As challenging as it can be, the key here is to stay composed and remain respectful.

How to respond to an ongoing situation

It may be helpful to engage in some advanced planning with a friend or colleague. Rehearse a bullying situation and practice how you would respond to help you get comfortable using emotional distancing and de-escalation. Advance practice can help you handle an emotionally charged encounter.

Seek the support and safety of your peers. They can talk things through with you and become your allies if they are asked to describe or even testify about a bullying incident they witnessed.

Strive for an attitude of strength and confidence in yourself. Workplace bullies often choose to attack people they peg as easy targets. Present a strong front, trust in yourself and have confidence in your work – these attributes may make you less likely to be targeted.

Document your experiences when you perceive there is a problem. Be objective: Note the time and date, what happened, who was present, what was said and how it made you feel. Keeping a record helps quantify what is happening. Your organisation should have policies and procedures to support you if you believe you are being bullied at work.

A caveat, though: Keep in mind, human resources departments are often ill-equipped to manage these issues, and complaints may be mishandled, improperly dismissed or simply ignored. Sometimes, if you're able, it is better to look for a new job.

In order to effectively tackle the problem of workplace bullying and harassment, it is important for both employees and organisations to acknowledge and actively address these concerns. By establishing policies against bullying and fostering open lines of communication, workplaces can create safer spaces that enhance the well-being and productivity of their employees.

(By Jason Walker, Adler University; and Deborah Circo, University of Nebraska Omaha, The Conversation)

All you need to know about...

Chronic pain

More than 3 months to heal

Chronic pain, persisting beyond the typical healing period of three months, often has complex psychological and social dimensions, say experts who urge people, particularly women who are more susceptible, not to hesitate in seeking support from psychologists.

Holistic treatment

The experts noted that pain clinics, found in many tertiary or multi-specialty hospitals, are equipped with specialists along with psychologists to holistically treat a person, rather than just target their physical problem.

"The trend nowadays is to focus on the disease – rather than the person. We must always keep in mind that pain is a biopsychosocial phenomenon," said Dr. Mary Abraham, a Senior Consultant at Max Hospital, Panchsheel, and Max Institute of Cancer Care, Lajpat Nagar, New Delhi.

Biopsychosocial risks

Biopsychosocial models examine how a combination of biological, psychological, and socio-environmental factors impact wide-ranging issues from human development to health and disease.

A 2023 round-up of pain research in The Lancet noted that a common biopsychosocial risk factors – poor sleep, despondency, tiredness, stress, and a body mass index (BMI) of over 30 – were the most important ones for localised pain to progress to chronic pain, independently of the underlying pain-related medical condition.

Total pain

The concept of 'total pain' was introduced in the 1960s by British palliative care physician, Dame Cicely Saunders, who defined it as the "suffering that encompasses all of a person's physical, psychological, social, spiritual, and practical struggles."

—PTI

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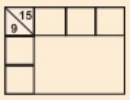
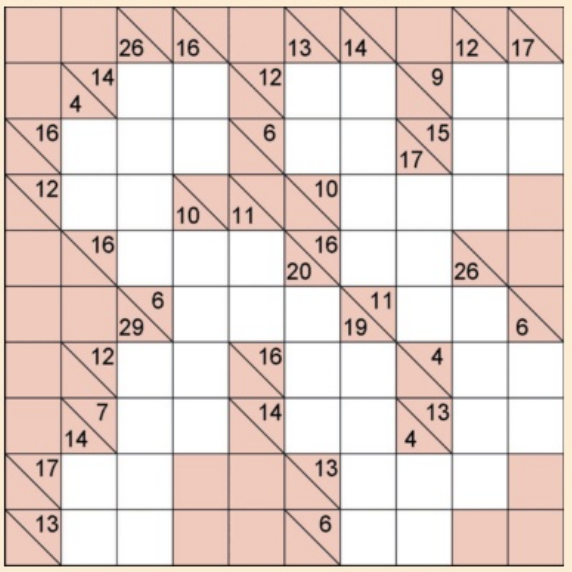
Kakuro

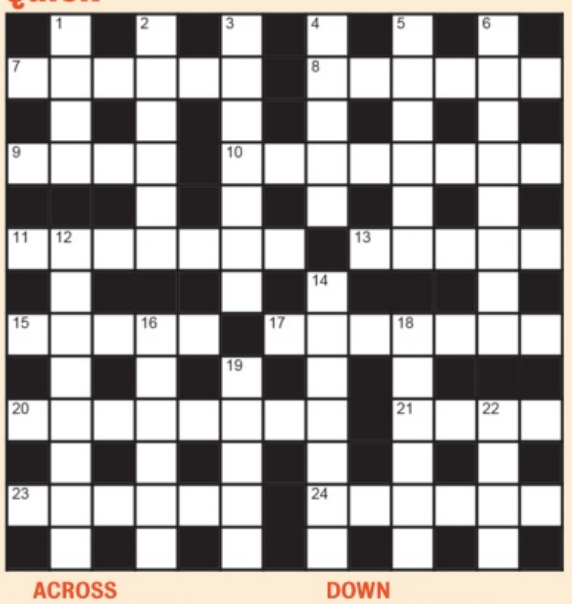
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 French Open venue ___ Garros (6)
8 ___ clear of : takes care to avoid? (6)
9 Food store in short? (4)
10 Body exercises (5-3)
11 Trampled, crushed or pounded (7)
13 Of the eye (5)
15 Cranium (5)
17 Idiotic (7)
20 The day after today (8)
21 Slope (4)
23 Mar or disfigure, in a way (6)
24 Not long past (6)

DOWN

1 Bishop of Rome (4)
2 Lao-tse's doctrine (6)
3 Took as one's own (7)
4 Posed a question? (5)
5 Stimulates or excites a person? (4,2)
6 Volcanic outburst (8)
12 Coup (8)
14 Cinema in the Banashankari area (7)
16 Bathroom accessory (6)
18 Placard; poster (6)
19 Less restricted (5)
22 Gave on loan (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS S

LJP HVK UJVXDAKT UJV LJPV WHMMDTKCC HTR LJPV CPIIKCCKC JTQL DU LJP XKT-KVJPCQL IJTCKTS SJ CWHVK SWKO.

Linemaro

You are just so weird sometimes, it's great

Mindchow

People forget what you said, people forget what you did, but people never forget how you made them feel

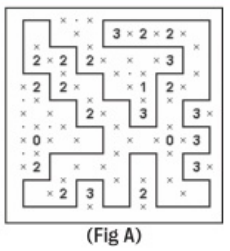
Joke of the day

Whenever you see the word 'cuisine' used instead of the word 'food', be prepared to pay an additional eighty per cent

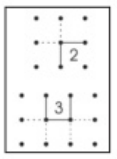
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



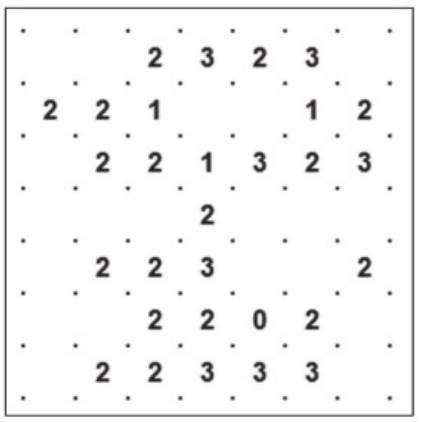
(Fig A)



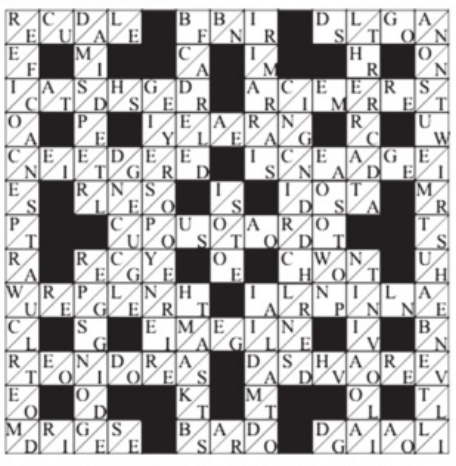
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



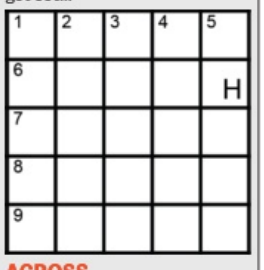
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

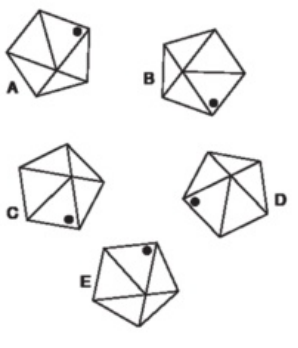
1 Picas; 6 Co Hut; 7 To let; 8 Tacit; 9 Hocks

DOWN

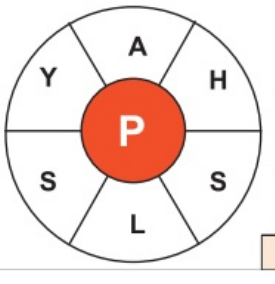
1 A last; 2 Shoot; 3 Tot up; 4 CCI it; 5 Heck C

Mensapuzzle

Which is the odd one out?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

		7				4	6	
6			4					
	2		3		9	1		
		6		5		9		
5	4						7	6
		8		4		3		
		4	2		8		9	
					7			5
	6	2				7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 7
5 6 9 9

Medium = 22
2 2 3 9

Hard = 32
6 8 9 7

Hocusfocus

Find at least six differences in details between panels.

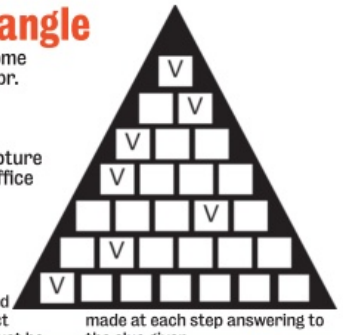
Differences: 1. Mouth is different. 2. Awning is different. 3. Back of chair is different. 4. Newspaper is longer. 5. Top edge of camper is square. 6. Handle is added to door.

Riddler

When you behead a word, you remove the first letter and still have a valid word. You will be given clues for the two words, longer word first.
1. Middle -> Go into; to type
2. Tool for cutting grooves -> External, exterior
3. Care for -> Stop; discontinue
4. Exploiting -> Make melodious sounds

Alpha triangle

1 Five in ancient Rome
2 Audio-visual , abbr.
3 Tub
4 Immense
5 Ward off
6 Zoroastrian scripture
7 Gives up, as an office



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson

Bizarrotrip

How nice to meet a young man with his head screwed on straight.
Wayno & Piraro 11·18·23
Dist. by King Features
BIZARRO.COM
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Diamond Lil

Hart of the city

WHOA! THIS IS BEAUTIFUL!
BEN FRANKLIN... ABOUT... LATE EIGHTEENTH CENTURY?
YES! HOW DID YOU KNOW?!
IT'S ON THE BOX!
HART OF THE CITY © 2023 AUDREYS MOMEL
@COMICS.COM/JBARTOSTRICITY

Crankshaft

WHO IS GRAMPS TALKING TO?
BECAUSE OF THAT TIME HE LAUNCHED THAT GRILL INTO SPACE...
ANYTIME HE GRILLS HE HAS TO ALERT AIR TRAFFIC CONTROL AND NASA!
tombatiuk.com/books
BATIUK & DAVIS

Mutts

WOOF! I'VE BEEN ABANDONED!!! WOOF! I'M THIRSTY! WOOF!!! I'M HUNGRY! PLEASE HELP! WOOF!
AGAIN
NO RESPONSE.
...SIGH...
I'M JUST THE DOG WHO CRIED WOOF.
mutts.com/GuardDog

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Until late afternoon today, you may feel a sense of dullness, reflecting in your work. However, with the blessings of elders, you'll likely regain your momentum. Pay extra attention to your child's health. You'll have the upper hand against adversaries. Investors should be cautious with decisions. Stomach issues might trouble you.

Taurus Apr 21 – May 20
You'll find happiness at work today and make important decisions by day's end, beneficial for the future. Consider a short trip. Subordinates will be cooperative. Expect good news regarding siblings' success. Legal matters will likely be resolved in your favour. Students will focus on their goals.

Gemini May 21 – Jun 21
Your communication skills will aid you professionally. Politeness will accelerate your projects. Lovebirds will strengthen their bond through dialogue.

Cancer Jun 22 – July 23
Blessed by the moon, new partnerships will be fruitful. High energy levels will yield financial gains. Self-respect will shield you from negativity.

Leo Jul 24 – Aug 23
You may reconnect with old friends or attend social gatherings, feeling enthusiastic. Innovations in business and unexpected gains are possible. Children may excel academically. Lovebirds will cherish their moments together.

Virgo Aug 24 – Sep 23
Under the moon's blessing, small investments may yield significant profits. Efficiency will increase, leading to success with minimal effort. Legal matters will be resolved favourably, and opponents will be subdued.

Libra Sep 24 – Oct 22
Moon's blessing brings success with minimal effort. Past investments will yield profits. Rewards await hard work in personal and professional life. Prestige will rise, and innovations in business will be favoured. Spousal disputes will be resolved.

Scorpio Oct 23 – Nov 22
You'll feel better today, with situations under control. Networking will aid work, and overseas travel is favourable. Enhance domestic harmony with creativity. Enjoy outings with loved ones.

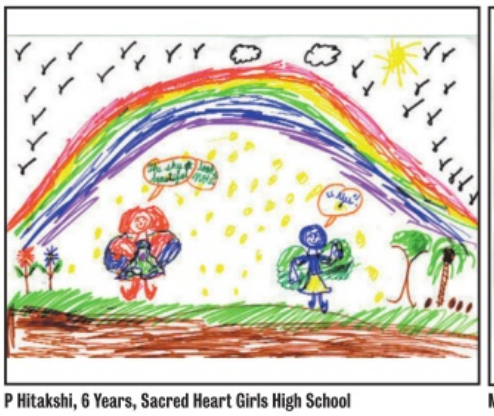
Sagittarius Nov 23 – Dec 22
Overwork may cause fatigue and carelessness. Postpone adventure plans. Past investments may not yield returns. Students should study diligently. Health issues like back pain and skin problems are possible.

Capricorn Dec 23 – Jan 20
Creativity is high, ideal for renovating your home or office and elevating social status. Domestic harmony improves, settling disputes. Positive news in litigations is likely.

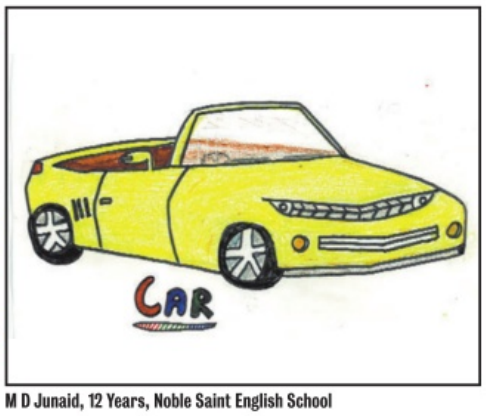
Aquarius Jan 21 – Feb 19
A balance between earning and spending boosts finances. Network support aids plans. Siblings and subordinates will be helpful. Consider visiting elders or religious places.

Pisces Feb 20 – Mar 20
Dullness due to sleeplessness may affect productivity. Seek elders' blessings to rectify mistakes and plan better. Take care of parents' health.

KIDZONE



P Hitakshi, 6 Years, Sacred Heart Girls High School



M D Junaid, 12 Years, Noble Saint English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (2*10)^2 – (6*32)
= 200^2-192
= 400-192
= 208

BULL'S EYE
hasp, palsy, pass, play, slap, spay, splash, SPLASHY, splay

STRIKE OUT

R	U	D	E	F	B	I	S	T	O	A				
E	I		A	M		H		N						
C	A	S	H	E	D	A	I	M	E	R	S			
E		O		K	M		L			L				
T	E	N	O	R	S		A	S	H	O	R	E		
C		G		E	A	G	L	E		V		B		
U	R	G	E	N	T		A	L	P	I	N	E		
R	E	C	E		O		C	O	T			H		
S	L	E	O		I		I	S	T			R		
T		U	P	S	T	A	R	T				T		
N	E	E	D	E	D		I	C	E	A	G	E		
O		P		Y	E	A	R	N		C		W		
D	I	G	S		S	A	O		D	I	A	L		

FAST FIVE

A	S	P	I	C
T	O	U	C	H
L	O	T	T	E
A	T	T	I	C
S	H	O	C	K

QUOTE UNCODE
You are forgiven for your happiness and your success only if you generously consent to share them.

QUICK

P	T	A		A	K	E								
R	O	L	A	N	D		S	T	E	E	R	S		
D	E	F	A	C	E		R	E	C	E	N	T		
V		F	E		A		I		E					
T	O	M	O	R	R	O	W		T	I	L	T		
E		O		F		H			O					
S	K	U	L	L		A	S	I	N	I	N	E		
A			D		E			O						
S	T	A	M	P	E	D		O	P	T	I	C		
S		T		D		U		T						
D	E	L	I		P	R	E	S	S	U	P	S		
P		O		K		Y		U						
R	O	L	A	N	D		S	T	E	E	R	S		

SUDOKU

3	6	2	5	9	4	7	1	8
8	1	9	6	3	7	2	4	5
7	5	4	2	1	8	6	9	3
2	9	8	7	4	6	3	5	1
5	4	3	9	2	1	8	7	6
1	7	6	8	5	3	9	2	4
4	2	5	3	6	9	1	8	7
6	8	1	4	7	2	5	3	9
9	3	7	1	8	5	4	6	2

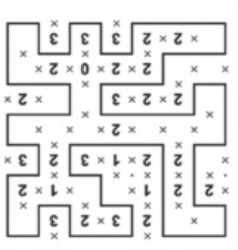
MENSA PUZZLE
C: the rest are the same figure rotated

RIDDLER
1. Center -> Enter,
2. Router -> Outer,
3. Tend -> End,
4. Using -> Sing

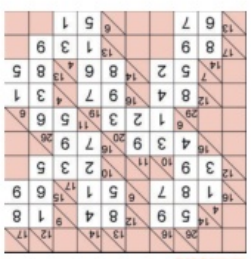
GO FIGURE
Easy
9 + 9 – 6 – 5 = 7
3 + 9 x 2 – 2 = 22
Medium
6 x 8 – 7 – 9 = 32
Hard

ALPHA TRIANGLE
V, AV, Vat, Vast, Stave, Avesta, Vacates.

LOOP



KAKURO



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Multiple factors

JUNI

3.0 RATING ★★★☆☆

- **DIRECTOR** Vaibhav Madhav
- **ACTORS** Pruthvi Ambar, Rishika Naik, Avinash, Vinaya Prasad, Sudha Rani, Dhanush Ravindra
- **Duration** 138 minutes
- **Certification** U/A

Director Vaibhav Madhav deserves a pat on the back for not only handling the megaphone with aplomb but also for keeping all the focus on the story by using minimum locations for this movie.

It opens with a voiceover narrating why the hero is named Partha by his father Yellandur Subbu (Avinash). The narrator says that Subbu's wife Lakshmi (Vinaya Prasad) got labour pain as she was watching Partha character played by Dr Rajkumar in Babruvahana. Later, the scene shifts to a cafe where Partha (Prithvi Ambar) is the chief chef. Juni (Rishika Naik), an artist who draws sketches, visits the cafe every day and occupies a particular table. Partha falls in love with Juni. Later he comes to know that Juni suffers from dissociative identity disorder. He wants to marry her but his parents object. He comes to know that he has to deal with not only Juni but also Mansi, Jackie and Papu. What happens to Partha and Juni is crux of the movie.

The specialty of the movie is that it shows Pruthvi Ambar in a different avatar. He has done a good job as a lover, friend, guide and concerned entrepreneur. It is nice to see him as a chef. His dialogue delivery and expressions are good. Rishika Naik, who debuts in Sandalwood with this movie, has acted like an experienced heroine. Some scenes where Pruthvi looks helpless when other characters (Mansi and Jackie) enter Juni one by one are very interesting.

The drawback of the movie is lack of comedy and action scenes. Veteran actors Padmakala, Avinash, Vinaya Prasad and Sudha Rani have provided good support.

It is worth a watch, if just to see the manifestation of a multiple personality disorder.

—Y Maheswara Reddy

Why Yami got emotional

'It's not pregnancy hormones'

Yami Gautam and Aditya Dhar have been married since June 2021. They completely took everyone by surprise as they announced that they're married. They had managed to keep their relationship very private until then. Yami had revealed that more than shooting of 'Uri: The Surgical Strike', they actually got to know each other during the promotions of the film and fell in love.

After having an intimate ceremony in 2021, the couple is now expecting their first baby. Yami surprised everyone again as she flaunted a baby bump at the trailer launch of their new film 'Article 370'.

The couple confirmed the pregnancy at the event.

When Aditya was asked about Yami, he said that he just lucked out as he married her. He added, "As a human being, she's one of the best human beings you'll ever meet. She's spiritual, religious, she's very professional. If you call her at 6 am at a shoot, she will be there on the set at 5: 30 am, ready, sitting and waiting. For that, she will wake up at 3.30, take a shower and do pooja every day,

no matter what. That way I completely lucked out. I'm like the luckiest guy in the world."

Yami got emotional on hearing this. The actress said, "If I cry right now, people will think it's pregnancy hormones but it's not.

As Aditya confirmed Yami's pregnancy, he said at the event, "It was an amazing time because of the way the movie happened and the way we got to know about the baby. It almost felt like 'Abhimanyu ki story yaad aa gayi'. The baby knew exactly how 370 was made. In some time, we will get to know if it's Lakshmi or Ganesha." —ETimes

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